



3. Creuzburger Stadtlauf  
Creuzburg / 28.06.2014

Detailed evaluation

Frenz, Sascha

Club: Moorgrund  
Number: 453

Course: 5.00 km  
Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 24:26

Speed: 12.28 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 17 (of 44)

Rank in course/Men: 15 (of 31)

Best time in course: 19:36

Rank in category: 2(of 2)

Best time in the category: 19:36